Canker Sore Gel

This recipe comes from The Herbal Drugstore by White and Foster

INGREDIENTS

- *1 tsp echinacea tincture*
- *1 tsp goldenseal tincture (or Oregon grape root)*
- *1 tsp calendula tincture*
- *1 tsp grapefruit seed extract*
- *1 Tbsp aloe vera gel*

DIRECTIONS

Mix all ingredients in a small jar with a tight seal. Place a pea-size amount on a clean piece of gauze and hold in the mouth against the sore.

NOTES

Use as often as hourly throughout the day until the canker sore is healed.

